



RECIPE BOOK



Overnight Salted Caramel Oats

Serves 1

For the oat base:

- 2.5 oz. (70g) rolled oats
- 1 tbsp. chia seeds
- 5 fl oz. (150ml) unsweetened almond milk

For the caramel:

- 1 tbsp. peanut butter
- 1 tbsp. maple syrup
- pinch of salt

For the topping:

- 2 squares dark chocolate, melted

What you need to do

Place the ingredients for the oat base into a bowl, stir to combine and allow to sit for a few minutes to thicken.

Prepare the caramel by mixing the ingredients together, then pour the caramel mixture over the oat base.

Finally, drizzle the melted chocolate over the caramel layer, and place in the refrigerator overnight.

Add protein powder into this to bump protein intake

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	407	20	50	11	8

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Cottage Cheese Protein Omelet

Serves 1

- 2 large eggs, beaten
- ¼ tsp. salt, divided
- ¼ tsp. black pepper, divided
- 2.5 oz. (70g) cottage cheese
- 1 tsp. Italian herbs
- 2 tsp. butter
- 1 oz. (30g) baby spinach
- 1 small garlic clove, peeled & crushed
- 2 tsp. olive oil
- 2 tbsp. Parmesan cheese, freshly grated
- 1 tbsp. green onion, sliced

What you need to do

Crack the eggs into a small bowl, beat until well combined and season with a pinch of salt and pepper. Set aside.

In another bowl, combine the cottage cheese with the Italian herbs and remaining salt & pepper. Set aside.

Heat a non-stick skillet over medium heat and add the butter. Once the butter is hot, add the spinach and garlic. Stir-fry the spinach for 1-2 minutes until it wilts. Then remove from the pan and set aside.

Return the skillet to medium heat and add the olive oil. Reduce the heat to medium-low and pour in the beaten eggs, tilting the pan to ensure the egg mixture spreads evenly across the base.

As the edges of the omelet start to set, gently lift them with a spatula to allow the uncooked eggs from the middle to run underneath and cook.

Once the center of the omelet starts to set, sprinkle the freshly grated Parmesan cheese, then top with the cooked spinach and the seasoned cottage cheese mixture.

Fold the omelet in half, reduce the heat to low, and continue cooking for a few minutes.

Gently slide the omelet onto a plate, top with the sliced green onions and serve.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	430	34	6	26	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Asparagus & Smoked Salmon Toast with Tarragon Cream Cheese

Serves 4

What you need to do

For the cream:

7 oz. (200g) cream cheese 2
tbsp. apple cider vinegar 1
tsp. lemon juice
2 tbsp. fresh tarragon
salt & pepper

For the toast:

8.8 oz. (250g) asparagus, ends
trimmed
salt & pepper
5.4 oz. (155g) smoked salmon 1½
tsp. fresh lemon juice
4 slices, whole wheat bread,
toasted

1. To make the tarragon cream, place the cream cheese in a small bowl and then mix in the apple cider vinegar, lemon juice and tarragon leaves. Season to taste with salt and pepper and set aside.
2. Place the asparagus spears into a pot of boiling water, cover the pot and simmer gently for 3-4 minutes, until just tender. Transfer the asparagus to a colander and rinse under cold running water. Slice the asparagus spears diagonally and set aside.
3. Toast the bread and spread with the tarragon cream. Top with the smoked salmon and asparagus, drizzle with lemon juice and season to taste with salt and pepper.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	4 mins	319	18	23	18	4

*Nutrition per serving.



Peanut Butter & Banana Waffles

Serves 8

- 7.4 oz. (210g) all-purpose flour
- 2 tbsp. coconut sugar
- 1 tsp. baking powder
- ¼ tsp. salt
- 6.7 oz. (190g) peanut butter
- 4 fl oz. (120ml) olive oil
- 2 eggs
- 14 fl oz. (420ml) milk
- 2 bananas, mashed
- 1 tsp. coconut oil
- 4 tbsp. maple syrup

What you need to do

In a large bowl, whisk together the flour, sugar, baking powder and salt.

In a separate bowl, whisk the peanut butter and olive oil until well combined, then add the eggs and milk and whisk again.

Fold the wet ingredients into the bowl with the dry ingredients and stir until just mixed. Now stir through the mashed bananas.

Heat your waffle maker following the manufacturer's instructions and brush with a little of the coconut oil. Ladle in enough waffle batter to just cover the surface. Cook following the manufacturer's instructions (usually 5-6 minutes) until the waffles are golden brown and crisp.

Serve warm with a drizzle with maple syrup.

This recipe makes around 8 waffles, allowing 2 per serving.

Top wth greek yoghurt for extra protein

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	477	29	50	9	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Blackberry & Apple Protein Smoothie

Serves 1

1 apple, core removed & cut into pieces
1.4 oz. (40g) blackberries
½ banana
1 oz. (30g) pecans
2.8 oz. (80g) rolled oats
1 oz. (30g) vanilla protein powder
½ tsp. ground cinnamon
small pinch of salt
8.1 fl oz. (240ml) coconut water

What you need to do

Place all the ingredients into a high speed blender and blitz until smooth. Pour into a glass and serve.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	418	11	63	24	11

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Fluffy Cottage Cheese Pancakes

Serves 4

- 4 eggs
- 7 oz. (200g) cottage cheese
- 4 tbsp. milk
- 2 tbsp. honey + 2 tbsp. extra for serving
- 1 tsp. vanilla extract
- 5.3 oz. (150g) all-purpose flour
- 1 tsp. baking powder
- ½ tsp. ground cinnamon
- ½ tsp. salt
- 2 tbsp. olive oil + 1 tbsp. for cooking
- fresh berries for serving

What you need to do

In a large bowl, whisk together the eggs, cottage cheese, milk, honey and vanilla extract. Sift in flour, baking powder, cinnamon and salt. Whisk until the flour is incorporated.

Now whisk in 2 tablespoons of the olive oil, and set the batter aside to rest for 10 minutes.

When ready to cook, lightly grease a large skillet with olive oil and place over a medium heat. When the skillet is hot, add the batter to the pan, roughly ¼ cup per pancake. Cook the pancakes for 2-3 minutes on each side.

Serve the pancakes warm, topped with fresh berries and a drizzle of honey.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	415	18	51	14	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Cashew Chicken Stir Fry

Serves 4

1½ lbs. (680g) boneless, skinless chicken thighs, fat trimmed & cut into 1-inch (2.5cm) pieces
1 tbsp. white pepper
1 tsp. coconut oil
1 green bell pepper, chopped
1 onion, chopped
1 tbsp. cornstarch
2 oz. (60g) unsalted roasted cashew nuts
14 oz. (400g) cooked white rice
2 green onion, sliced
1 red chili, sliced (optional)

For the sauce:

4 tbsp. water
4 tbsp. tamari sauce
2 tbsp. oyster sauce
3 tbsp. coconut sugar
1 tbsp. rice vinegar
2 garlic cloves

What you need to do

Place the sauce ingredients into a jar or bowl, stir to combine and set aside.

Place the chicken into a large bowl, season with 2-3 tablespoons of the sauce and the white pepper. Mix to combine, cover the bowl and set aside to marinate for 20 minutes.

Add the cornstarch to the remaining sauce, mix well, and set aside.

When ready to cook, add the coconut oil to a large skillet and place over medium-high heat. Add the bell pepper and onion to the skillet and cook for 2-3 minutes. Next add the chicken and cook for 7-8 minutes. Now reduce the heat to medium, and add the remaining sauce, stir continuously to warm the sauce.

Remove the skillet from the heat and mix through the cashews. Serve immediately with the cooked rice, garnished with green onions and the optional red chili.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	515	15	53	42	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Green Bean Salad with Sweet & Sour Mustard Vinaigrette

Serves 4

1 lb. 6 oz. (750g) green beans, trimmed & halved
4 slices bacon
4 tbsp. apple cider vinegar
6 tbsp. honey
6 tbsp. whole-grain mustard
2 tbsp. Dijon mustard
½ cup (10g) fresh chives, chopped
salt & pepper
1x 14 oz. (400g) canned chickpeas, drained
8 radishes, sliced

What you need to do

1. Bring a large pot of salted water to a boil, add the green beans and cook until tender, approximately 4 minutes. Drain the beans and rinse under cold running water.
2. Place a non-stick skillet over a medium heat and cook the bacon until crispy, approximately 7-8 minutes. Remove the bacon from the skillet and set aside. When cool enough to handle, crumble the bacon into small pieces.
In a small bowl, whisk together the vinegar, honey, whole-grain and Dijon mustards and fresh chives. Season to taste with salt and pepper.
- 3.
4. In a large bowl, toss together the green beans, chickpeas, radishes and crispy bacon. Drizzle with the dressing and toss well to combine. Taste, and adjust the seasonings, if necessary. Serve immediately.
Serve with pre cooked meat or fish

GF	DF	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	12 mins	382	13	57	13	10

*Nutrition per serving.



Quick Pad Thai

Serves 2

4 oz. (112g) pad Thai noodles (rice noodles)
2 eggs
salt & black pepper
8 oz. (225g) chicken breast
3 tsp. coconut oil, divided
2 shallots, finely diced
2 garlic cloves, roughly chopped
1 tsp. ginger, chopped
1 lime, juiced
6 oz. (180g) bean sprouts
2 tbsp. roasted peanuts, chopped
¼ tsp. red pepper flakes
2 green onions, sliced

Pad Thai sauce:

3 tbsp. fish sauce
3 tbsp. coconut sugar
3 tbsp. rice wine vinegar
2 tsp. tamari

Garnish:

lime wedges
2 handfuls fresh bean sprouts
¼ tsp. red pepper flakes
2 tbsp. green onions, sliced
2 tbsp. roasted peanuts, chopped

What you need to do

Cook the rice noodles according to instructions on packaging. Rise with cold water and set aside.

Whisk the two eggs in a bowl with a fork and add a pinch of salt and set aside.

Place all the sauce ingredients into a small bowl, mix to combine and set aside.

Slice the chicken into thin strips and season with salt and pepper. Heat 1 teaspoon of coconut oil in a large wok or skillet, over medium-high heat. Sear the seasoned chicken until cooked through, then remove from the wok and set aside on a plate.

Heat a little more coconut oil in the wok over medium heat, add the shallots, garlic and ginger and stir fry 2-3 minutes, then move the mixture to the side of the wok and pour in the eggs. Scramble the eggs and once cooked push them to the side of the wok. Add more coconut oil and add the noodles, stir-fry for 2-3 minutes then pour in the Pad Thai Sauce.

Stir everything together and cook for 1-2 minutes, then add the cooked chicken and stir-fry for a few minutes more. It's ready when everything starts to caramelize. Squeeze in the lime juice, and take the wok off the heat.

Add the bean sprouts, roasted peanuts, red pepper flakes and green onions and stir to combine.

Serve immediately with garnishes of further bean sprouts, red pepper flakes, green onions and peanuts.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	639	21	73	39	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Thai Coconut Chicken Salad

Serves 2

- 14 oz. (400ml) can coconut milk
- 1 lime, juiced & divided
- ¾ tsp. salt
- ½ tsp. fish sauce
- 3 kefir lime leaves
- 12 oz. (340g) boneless, skinless chicken breasts

- For the spinach salad:*
- 4.2 oz. (120g) baby spinach
 - 1 cucumber, sliced
 - 2 green onions, sliced
 - 4 tbsp. cilantro leaves
 - 4 tbsp. mint leaves, torn
 - 4 tbsp. basil leaves, torn
 - 2 tbsp. crispy shallots

What you need to do

In a saucepan, combine the coconut milk, juice from half a lime, salt, fish sauce and kefir lime leaves. Place the saucepan over medium heat and bring the mixture to a gentle simmer.

Add the chicken breast, cover, and let it simmer gently for 25 minutes, or until the chicken easily pulls apart with two forks. Remove the chicken from the coconut broth and set aside to cool. Let the cooking liquid cool to room temperature.

Once the chicken is cool enough to handle, shred the chicken.

Add all the salad ingredients into a medium sized bowl and toss to combine.

Now add the shredded chicken and spoon some of the cooled coconut broth over the salad. Gently toss to combine, then taste the salad and adjust the salt and lime juice to taste.

Divide the salad evenly between two plates and garnish with crispy shallots.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	335	13	13	42	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki

Serves 6

What you need to do

For the meatballs:
2 lbs. (900g) lean ground beef (5% fat) 1
onion, grated
3 cloves garlic, minced
2 tsp. salt
1 tsp ground pepper
2 tsp. ground cumin
1 tsp. ground cinnamon
2 tsp. dried oregano
½ cup (8g) parsley, minced
2 eggs
1 cup (60g) panko breadcrumbs

Tomato salad:
4 tomatoes, chopped
1 tsp. salt
½ red onion, thinly sliced
4 tbsp. white wine vinegar
2 tsp. coconut sugar
2 tbsp. fresh dill, chopped

Tzatziki sauce:
1 cucumber, grated
1 tsp. salt
1 cup (285g) Greek yogurt
2 tbsp. lemon juice
3 tbsp. fresh dill, chopped

To serve:
4 pitas, toasted

Preheat the airfryer to 375°F (190°C).

In a large bowl, combine all the ingredients for the meatballs, mix together using your hands. Roll the beef mixture into even-sized balls the size of a walnut. Working in batches, cook the meatballs in the airfryer basket in a single layer for 8-10 minutes, or until cooked through.

In the meantime, add the tomatoes to a large bowl with the salt and stir through the remaining ingredients. Refrigerate until ready to serve.

For the tzatziki sauce, place the grated cucumber into a medium bowl with the salt. Set aside for 2 minutes, then drain off any excess water. Mix in the remaining ingredients, then cover and refrigerate until ready to serve.

When the meatballs have finished cooking, assemble the plates. Divide the meatballs equally and serve with a portion of the tomato salad, tzatziki and toasted pita bread.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20-30 mins	562	19	53	45	5

*Nutrition per serve



Vietnamese Beef Rice Bowl

Serves 6

- 1.5 lbs. (680g) beef tenderloin, cut into 1 inch cubes
- 1 tsp. black pepper
- 2 tbsp. oyster sauce
- 1 tbsp. fish sauce
- 1 tbsp. low sodium soy sauce
- 2 tbsp. honey
- 3 cloves garlic, minced or grated
- 1 pinch red pepper flakes
- 4 tbsp. sesame oil
- 1 lb. (480g) cooked white rice
- 3 tbsp. water
- 2.5 oz. (70g) purple cabbage, shredded
- 4 carrots, cut into ribbons
- 1 cucumber, sliced
- 2 green onions, chopped
- 4 tbsp. basil, roughly chopped
- 4 tbsp. mint, roughly chopped
- 4 tbsp. chopped peanuts, for serving
- 1 lime, cut into wedges

What you need to do

Season the steak with the black pepper.

In a medium bowl, whisk together the oyster sauce, fish sauce, soy sauce, honey, garlic and red pepper flakes. Add the beef and toss to coat in the mixture.

Heat 2 tablespoons of sesame oil in a large skillet over high heat, add the rice and toss to coat in the oil. Press the rice evenly across the bottom and up the sides of the skillet. Allow the rice to cook, without stirring, until the rice begins to brown, about 3-5 minutes. Transfer the rice into the serving bowls.

Return the skillet to a high heat and add the remaining sesame oil. Take the steak out of the sauce, add to the skillet and cook for 2-3 minutes.

Now pour the remaining sauce into the skillet along with the water. Bring to a boil then reduce the heat to medium and cook for 3-5 minutes until the sauce thickens. Remove from the heat.

Top the rice in the bowls with cabbage, carrots, and cucumber then spoon the beef and sauce over the top. Now top the beef with green onions, basil, mint and peanuts and serve with a wedge of lime.

GF	DF	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	480	26	41	21	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Turkey & Vegetable Chili

Serves 6

For the chili:

- 1 tbsp. olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 red bell pepper, chopped into bite-size pieces
- 1 zucchini, chopped into bite-size pieces
- 1 lb. (450g) ground turkey
- 2 tbsp. chili powder
- freshly ground black pepper
- 14 oz. (400g) can pinto beans (including liquid from can)
- 14 oz. (400g) can diced tomatoes
- 12 fl oz. (360ml) low-sodium chicken or vegetable broth (or water)

For serving:

- 1 avocado, coarsely chopped, 4
- tbsp. cheddar cheese, shredded
- 4 tbsp. sour cream

What you need to do

Heat the olive oil in a big pot on medium-high heat until it starts to sizzle. Add the diced onion, minced garlic, bell pepper and zucchini. Sauté the mixture, occasionally stirring, for 5 minutes or until the onion becomes translucent.

Add the ground turkey to the pot, stir to break down the turkey, and continue to cook for a further 5 minutes until the turkey is no longer pink.

Now add the chili powder, black pepper, pinto beans (along with the liquid from the can), diced tomatoes and the broth.

Allow the mixture to simmer uncovered over medium heat for 20 minutes, stirring occasionally, until the chili thickens and the vegetables become tender.

Serve the chili with the avocado, shredded cheese and sour cream.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	319	17	21	22	8

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Prawn & Quinoa Stir Fry

Serves 4

- 4.6 oz. (130g) quinoa, uncooked
- 1 tbsp. sesame oil
- 10 fl oz. (300ml) low sodium chicken broth
- 1 tsp. sesame oil
- 1 onion, diced
- 1 carrot, shredded
- 3.5 oz. (100g) green peas
- ¼ tsp. ground ginger
- 2 tsp. garlic, minced
- 1 lb. (450g) cooked prawns
- 1 egg + 2 egg whites, whisked together
- 2 tbsp. tamari sauce

What you need to do

Place a large pot over medium-high heat, add 1 tablespoon of sesame oil and the quinoa. Cook for 2-3 minutes then add the chicken broth and bring to a boil. Cover the pot with a lid and reduce the heat to low. Cook for 15-20 minutes.

Place a second large pot over medium-high heat, add 1 teaspoon of sesame oil with the onion, carrots, green peas, ginger and garlic. Sauté for 3 minutes until the vegetables are heated through. Add the prawns to the pan and cook for an additional 1-2 minutes until they are warmed through.

Fluff the quinoa with a fork and add it to the pan of vegetables.

Add the whisked eggs and quickly stir everything together until all of the quinoa is nicely coated with the egg mixture.

Finally stir through the tamari sauce and serve immediately.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	334	7	30	38	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Chicken Tinga Bowl

Serves 4

- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 tbsp. olive oil
- salt & pepper
- 4 servings Slow-Cooker Chicken Tinga (see next recipes)
- 14 oz. (400g) cooked quinoa
- 14 oz. (400g) can black beans in sauce
- 4 tbsp. coriander, chopped
- 1 lime, wedges

What you need to do

Preheat the oven to 425°F (220°C).

Arrange the bell peppers on a baking sheet, toss with olive oil and season with salt and pepper. Place in the hot oven to roast for 30 minutes.

In the meantime, heat up the slow cooked chicken tinga and cook your quinoa.

Serve the chicken with the roasted peppers, quinoa, and black beans. Garnish with coriander and serve with lime wedges.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	545	15	57	47	10

*Nutrition per serve



Slow-Cooker Chicken Tinga

Serves 6

- 14 oz. (400g) can chopped tomatoes
- 4 chipotle peppers in adobo sauce
- 1 diced yellow onion
- 1½ tbsp. brown sugar
- 1 tbsp. garlic, fresh
- 2 tsp. smoked paprika
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- juice of 1 lime
- 2 lbs. (900g) chicken breast

What you need to do

Add all the ingredients to the slow cooker bowl and mix together. Nestle the chicken breasts into the sauce.

Cover with the lid and cook on HIGH for 4 hours, or on LOW for 6 hours.

Remove the chicken breasts into a bowl, and using forks, gently pull the chicken apart to shred the chicken.

Using an immersion blender, blend the tinga sauce until smooth.

Now add the shredded chicken back into the sauce and thoroughly mix together. Cook on low for an additional 6-10 minutes to warm through.

Enjoy in the Chicken Tinga Bowl, and Cheesy Chicken Tinga Quesadillas recipes found in this recipe pack.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	4-6 hrs	235	5	10	35	1

*Nutrition per serve



Fish with Chinese-Style Rice Bowl

Serves 2

3.5 oz. (100g) brown basmati rice
5.6 oz. (160g) green peas
1.8 oz. (50g) green beans
3 green onions, finely chopped
½ tsp. red pepper flakes
4 tbsp. cilantro, roughly chopped + extra for garnish
2 tsp. tamari sauce
½ tsp. sesame oil
1 tbsp. olive oil
2 large eggs
10 oz. (280g) skinless cod filets, cut into strips

What you need to do

Cook the rice according to instructions on packaging, add green peas and beans for the last 6 minutes of cooking. Drain, then return to the pot and stir in the green onions, red pepper flakes, chopped cilantro, tamari sauce and sesame oil. Cover the pot with a lid and set aside.

Meanwhile, heat a large skillet over medium heat, add the olive oil. Beat the eggs and coat the fish, then fry the fish in the oil for a couple of minutes each side until golden. Remove the fish from the skillet and set aside.

Add the rice to the skillet with the remaining egg and stir until the eggs are lightly scrambled.

To serve, divide the rice between 2 bowls, top with the fish and garnish with extra cilantro.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	506	13	55	31	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Family Chicken Ratatouille Rice

Serves 4

- 3 tbsp. olive oil, divided
- 1 lb. (450g) boneless, skinless chicken thighs, cut into 1-inch pieces
- ½ tsp. salt, divided
- ground black pepper
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 tsp. dried thyme
- 1 tsp. dried parsley
- 1 eggplant, chopped
- 2 zucchinis, chopped
- 1 red bell pepper, chopped
- 5 oz. (140g) long-grain white rice
- 14 oz. (400g) can diced tomatoes
- 8 fl oz. (240ml) low-sodium chicken broth

What you need to do

Place a large pot over medium-high heat and add 1 tablespoon of olive oil. Toss the chicken with ¼ teaspoon of salt and black pepper, then add to the pot in an even layer. Cook the chicken for 3-4 minutes, stirring occasionally, or until the chicken has lightly browned on all sides. Once cooked, transfer the chicken to a plate and set aside.

In the same pot, reduce the heat to medium and add the remaining 2 tablespoons of olive oil. Add the onion, garlic, thyme, parsley, remaining ¼ teaspoon salt and black pepper. Cook, stirring often, for 3-5 minutes, or until the onions are translucent.

Add the eggplant, zucchinis, and bell pepper. Cook for 5-7 minutes, stirring often, until the eggplant and zucchinis have started to soften.

Now add the rice, diced tomatoes with their juices and broth, and stir to combine. Return the chicken to the pot and stir to combine. Then reduce the heat to low, cover the pot with a lid and cook for about 30 minutes, stirring occasionally, until all of the liquid has been absorbed. Serve immediately.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	445	16	48	29	8

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Creamy Chicken & Mushroom Skillet

Serves 6

- 1 tbsp. olive oil
- 2 lbs. (900g) chicken breasts, skinless boneless
- salt & black pepper
- 10.6 oz. (300g) cremini mushrooms, sliced
- 1 tbsp. salted butter
- 2 shallots, chopped
- 2 tsp. dried thyme
- 1 tsp. dried oregano
- red pepper flakes
- 3 cloves garlic, chopped or grated
- 10 fl oz. (300ml) chicken broth
- 6.8 fl oz. (200ml) oat cream
- 2 oz. (60g) brie, rind removed
- 4 tbsp. chopped parsley

What you need to do

Preheat the oven to 375°F (190°C).

Place a large ovenproof skillet over medium-high heat. Add the olive oil, chicken and season with salt and pepper. Fry the chicken on both sides until golden. Remove the chicken from the skillet.

To the same skillet, add the mushrooms and cook for 5 minutes, or until golden. Add the butter, shallots, thyme, oregano, and a pinch each of salt, pepper and red pepper flakes. Cook for 4-5 minutes, until fragrant. Now add the garlic and cook for a further 2-3 minutes.

Pour in the broth and cook for 10 minutes until reduced slightly, then pour in the oat cream and stir in the brie. Nestle the chicken into the sauce. Place the skillet into the hot oven and bake for 20 minutes, until the chicken is cooked through.

Serve topped parsley.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	317	16	5	38	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Best Swedish Meatballs

Serves 6

- 1 lb. (450g) 95% lean ground beef
- 4 tbsp. onion, finely chopped
- 4 tbsp. breadcrumbs
- 1 tsp. parsley, chopped
- ¼ tsp. ground allspice
- ¼ tsp. ground nutmeg
- ½ tsp. garlic powder
- ⅛ tsp. black pepper
- ½ tsp. salt
- 1 egg
- 1 tbsp. olive oil
- 4 tbsp. butter
- 3 tbsp. flour
- 1 pt. (480ml) beef broth
- 8 fl oz. (240ml) oat cream
- 1 tbsp. Worcestershire sauce
- 1 tsp. dijon mustard
- salt & pepper to taste

What you need to do

Add the ground beef, onion, breadcrumbs, parsley, allspice, nutmeg, garlic powder, black pepper, salt and egg to a large bowl and mix until combined. Roll the mixture into 12 large even-sized meatballs.

In a large skillet, heat 1 tablespoon of butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer the meatballs to a plate and cover with foil.

Now add the remaining butter and flour to the skillet and whisk until it turns brown. Slowly stir in the beef broth, oat cream, Worcestershire sauce and dijon mustard, stir to combine and bring to a simmer until sauce starts to thicken. Season the sauce with salt and black pepper to taste.

Add the meatballs back to the skillet and simmer for another 1-2 minutes.

Serving suggestion: cooked rice and green peas (not included in nutrition information).

LC

MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	358	27	11	16	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Coconut & Lime Chicken Thighs

Serves 4

What you need to do

Coconut lime sauce:
juice & zest of 2 limes
2 tbsp. fish sauce
4 tbsp. canned full fat coconut milk
1 tbsp. coconut sugar
1 tbsp. lemongrass paste
half a jalapeño pepper, ribs & seeds removed
1 clove garlic
0.7 oz. (20g) fresh coriander
0.5 oz. (15g) fresh mint

Everything else:
1 lb. (450g) boneless skinless chicken thighs
1.1 lbs. (500g) cooked white rice

Place all the ingredients for the sauce into a food processor and pulse until smooth.

Pour half of the sauce over the chicken and set aside to marinate for 30 minutes.

Preheat a grill pan to medium high heat and cook the chicken for 5 minutes on each side, until lightly browned and fully cooked. Set aside to rest for a few minutes.

Serve the grilled chicken with the cooked rice and vegetables of your choice, and drizzle with the remaining sauce.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
35 mins	10 mins	371	7	47	28	1

*Nutrition per serve



Easy Ground Beef Casserole

Serves 8

- 1 tsp. olive oil
- 12 oz. (340g) elbow macaroni, uncooked
- 1.3 lbs. (600g) lean 5% fat ground beef
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2x 14 oz. (400g) can diced tomatoes
- 1x 14 oz. (400g) can kidney beans, rinsed & drained
- 2 tbsp. tomato paste
- 1 green bell pepper, diced
- 1 tsp. chili powder
- 1 tbsp. steak spice
- salt & pepper
- 3.5 oz. (100g) cheddar cheese, shredded
- 2 tbsp. chives, chopped

What you need to do

Preheat the oven to 375°F (190°C). Grease a baking dish with olive oil.

Cook the macaroni according to the package instructions. Drain and set aside.

In a skillet, cook the lean ground beef and chopped onion over medium heat until the beef is no longer pink, which should take about 8-10 minutes. Break up the meat with a spoon as it cooks. Add the chopped garlic and cook for 1 minute, stirring a few times. Then drain off any excess liquid.

Next, add the diced tomatoes, kidney beans, tomato paste, bell pepper, chili powder, steak spice, and season with salt and pepper to taste. Stir the mixture and bring it to a boil, then reduce the heat to a simmer and cook gently for 10 minutes, stirring occasionally.

Add the cooked pasta to the mixture and stir until everything is well combined. Transfer the pasta and beef mixture into the greased baking dish and sprinkle over the cheddar cheese. Cover the baking dish with some kitchen foil and bake in the hot oven for 30 minutes. Then remove the foil and bake for an additional 10 minutes, or until the cheese is bubbly and golden.

Serve with a garnish of chopped chives.

MP

HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	476	20	45	25	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Turkey Taco Meal Prep Bowls

Serves 4

What you need to do

Turkey:

- 1 tbsp. olive oil
- 1 lb. (450g) lean ground turkey
- 2 tbsp. taco seasoning
- ½ cup (120ml) water

For the salsa:

- 2 cups (300g) cherry tomatoes, halved
- 1 red onion, diced
- ½ lime, juiced
- salt & pepper to taste

Other:

- 1 cup (140g) sweetcorn kernels, drained
- 1 avocado, quartered
- 2 cups (400g) cooked brown rice

Heat the olive oil in a large skillet and over a medium heat, add the ground turkey and cook for about 10 minutes. Season the turkey with the taco seasoning and add the water. Stir to combine and simmer for a couple of minutes, until the sauce has thickened. Remove from the heat and set aside.

Combine all salsa ingredients in a bowl and set aside.

Assemble the bowls by dividing the ground turkey, sweetcorn, avocado, cooked rice and tomato salsa, equally between 4 storage boxes with tight fitting lids. Seal the boxes and store in the refrigerator for up to 4 days. Enjoy cold, or heat in the microwave.

GF

DF

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HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	50 mins	439	22	39	27	6

*Nutrition per serve



Tandoori Bowl

Serves 2

½ head cauliflower, cut into florets
3.5 oz. (100g) chickpeas, drained
10.6 oz. (300g) boneless, skinless, chicken breast
1 red onion, sliced in wedges 2
tbsp. olive oil
¾ tsp. salt
½ tsp. black pepper
2 tbsp. garam masala spice 8.5
oz. (240g) cooked white basmati rice
2 servings, Cilantro & Mint Chutney

What you need to do

Preheat the oven to 425°F (220°C). Line a baking sheet with baking paper.

Place the cauliflower, chickpeas, chicken and onion on the baking sheet and drizzle with olive oil. Season with salt, pepper and garam masala spice, and stir to combine.

Place the baking sheet in the oven and cook for 25 minutes, removing halfway through to give the ingredients a quick mix.

Serve over rice with the Cilantro and Mint Chutney (see recipe in this pack).

GF

MP

HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	653	21	71	47	13

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Mediterranean Salmon with Greek Salad & Couscous

Serves 4

What you need to do

For the Greek salad:

- 1 cucumber, peeled, sliced
- ¼ tsp. salt
- 5.3 oz. (150g) cherry tomatoes halved
- ½ red onion, thinly sliced
- 1 tbsp. apple cider vinegar
- 1 tsp. lemon juice
- 2 tbsp. Greek yogurt
- ⅛ tsp. black pepper

For the couscous:

- 10 fl oz. (300ml) water
- 6 oz. (170g) couscous

For the salmon:

- 4x 6 oz. (170g) salmon filets
- salt, to taste
- pepper, to taste
- 1 medium lemon, sliced
- 1 tbsp. parsley, chopped

Place the sliced cucumbers into a medium-sized bowl, sprinkle with salt and mix to combine. Set aside for 10 minutes, then drain off the excess liquid. Add the cherry tomatoes, red onion, apple cider vinegar, lemon juice, Greek yogurt and pepper; mix well and set aside.

To make the couscous, pour the water into a small pot, bring to the boil and add the couscous. Stir the couscous then cover the pot with a lid, remove it from heat and set aside for at least 5 minutes to allow the couscous to fully absorb the liquid. Then fluff the couscous with a fork and set aside.

Set the broiler (grill) to high. Line a baking sheet with baking paper.

Place the salmon filets onto the baking sheet, season with salt and pepper, then place a lemon slice on top of each filet. Place the sheet under the broiler and cook for 8-14 minutes or until the salmon is cooked through and flakey.

To serve, divide the couscous and salad equally between 4 plates. Place a salmon filet on top of the couscous, garnish with parsley and serve immediately.

MP

HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	10 mins	437	11	40	41	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Smashed Pita Burger with Tzatziki

Serves 4

For the tzatziki:

- ½ cucumber, grated
- 6.7 oz. (190g) Greek yogurt
- juice from 1 lemon
- 1 clove garlic, minced
- 2 tbsp. fresh dill, chopped
- 2 tbsp. fresh mint, chopped
- 1 tbsp. olive oil
- 1 tsp. salt

For the burger:

- 1 lb. (450g) ground lamb
- ½ red onion, grated
- 3 cloves garlic, minced
- 2 tbsp. fresh mint
- ½ tsp. dried oregano
- ½ tsp. paprika
- 1 tsp. salt
- ½ tsp. black pepper
- 4x pita bread

Toppings:

- 1 cucumber, chopped, garnish
- 5.3 oz. (150g) cherry tomatoes
- 4 tbsp. feta cheese, crumbled
- fresh dill, chopped
- fresh mint, chopped

What you need to do

To make the tzatziki, grate the cucumber using the large holes of a box grater. Place the cucumber onto some kitchen towel, and squeeze out any excess liquid from the cucumber. In a medium bowl, combine the grated cucumber, yogurt, lemon juice, garlic, dill, mint, olive oil and salt. Refrigerate until ready to serve.

Place the ground lamb into a large bowl, adding the onion, garlic, mint, oregano, paprika, salt and black pepper. Mix until fully combined, then roll into 4 even-sized balls.

Heat a flat top grill, or cast iron skillet, over medium-high heat. Place the balls of meat on the hot surface then, using a heavy pan or burger press, smash the pita bread down on top of the burger until it’s as flat as you can make it. Cook for 4-5 minutes until the meat is cooked through, then flip over and cook for a further minute.

Remove from the skillet and serve the burger with tzatziki and other toppings.

MP

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Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	569	32	42	30	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



One-Pan Green Rice & Fish

Serves 4

- 8 green onions
- 2 cloves of garlic
- 1 oz. (30g) fresh cilantro
- 3.5 oz. (100g) baby spinach
- 1.3 pt. (600ml) water
- 10.6 oz. (300g) basmati rice
- 4x 6 oz. (170g) cod fish filets, skinless
- salt & black pepper, to taste
- 1 tbsp. olive oil
- 4 tbsp. natural yogurt
- 2 tsp. harissa paste

Optional:

- ½ tsp. red pepper flakes
- 1 lemon, wedges
- 1 tbsp. cilantro, chopped

What you need to do

Place green onions, garlic, cilantro, spinach and water in a blender or food processor, and blitz until smooth.

Place the rice in a large skillet and pour over the green sauce, mix and cook on a high heat for 5 minutes.

Stir well, then carefully place the cod filets on top. Season to taste with salt and pepper and drizzle with olive oil. Cover the skillet with a lid, reduce the heat to low and cook for 12-15 minutes, or until the rice and the fish has cooked.

Serve the rice and fish with a spoon of yogurt and harissa on top. Then garnish with red pepper flakes, cilantro and lemon wedges.

GF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	405	5	63	27	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Mango Vanilla Protein Power Smoothie

Serves 1

What you need to do

4 fl oz. (120ml) unsweetened almond milk
4.2 oz. (120g) Greek yogurt
5.8 oz. (165g) frozen mango chunks
1 scoop vanilla protein powder
¼ tsp. vanilla extract

Place all the ingredients into a high speed blender and blitz until smooth. Pour into a glass and serve immediately.

GF	HP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	303	5	32	36	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Strawberry Sauce Parfait

Serves 2

- 1 cup (145g) strawberries
- 2 tbsp. honey
- 1 tsp. vanilla extract
- 1¾ cups (500g) Greek yogurt
- 2 servings Honey Granola with Cherries & Walnuts (see recipe in this pack)
- 1 cup (150g) blueberries

What you need to do

1. Place the strawberries into a small bowl and mash the strawberries with a fork. Add the honey and vanilla extract and mix well.
2. Divide the mixture equally between four glasses, spoon over the Greek yogurt. To serve, top with granola and blueberries.

MP	V	Q	N			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	372	6	46	26	4

*Nutrition per serving.



Vanilla Protein Pudding

Serves 2

- 8.8 oz. (250g) Greek yogurt
- 1 oz. (30g) vanilla protein powder
- 2 tsp. vanilla extract
- 1 tsp. maple syrup
- 2 tbsp. blueberries
- 1 banana, sliced
- 2 tsp. hemp seeds

What you need to do

Place the Greek yogurt, protein powder, vanilla extract and maple syrup into a bowl and stir to combine.

To serve, divide the mixture equally between 2 bowls or glasses, and top with the blueberries, sliced banana and hemp seeds.

GF

HP

V

Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	241	4	25	25	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Hazelnut Energy Balls

Serves 8 energy balls

4.8 oz. (135g) hazelnuts
1 oz. (30g) 85% dark chocolate 1
tbsp. coconut oil
8 medjool dates, pitted
1 tsp. vanilla extract

For decoration:
3 oz. (85g), 85% dark
chocolate, melted
10 hazelnuts, chopped

What you need to do

Preheat the oven to 320°F (160°C). Line a baking sheet with parchment paper.

Lay the hazelnuts on the baking sheet and place in the hot oven for 10 minutes, until fragrant and roasted. Remove from the oven, and set aside to cool for 5 minutes.

Meanwhile, place the dark chocolate and coconut oil in a small mixing bowl and melt in the microwave or in a saucepan.

In the bowl of a food processor, add the roasted hazelnuts, pitted medjool dates, vanilla extract and the melted chocolate/coconut oil mixture.

Process for 2-3 minutes, the time required depends on the power of the food processor. The mixture is ready when it forms a sticky batter that comes together. If too dry, blend in an extra teaspoon of almond milk or water until the dough sticks together.

Refrigerate the dough for 10 minutes in a bowl.

Roll 8 even-sized balls, and place on a plate covered with parchment paper. Decorate the energy balls with a drizzle of melted chocolate and chopped hazelnuts.

Store the energy balls for up to 10 days in an airtight container in the refrigerator.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	211	14	23	3	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



VEGAN RECIPES



Lebanese Spiced Rice

Serves 6

- 1 tbsp. dairy-free butter
- 2 tbsp. olive oil
- 1.8 oz. (50g) pine nuts
- 1.8 oz. (50g) cashew nuts
- 1.8 oz. (50g) almonds
- 1 medium onion, finely diced
- 10.6 oz. (300g) basmati rice 1½
- tbsp. Lebanese spice
- ½ tsp. ground cinnamon
- 1½ tsp. salt
- ½ tsp. cracked black pepper 1.1
- pt. (540ml) water
- 10.6 oz. (300g) mixed frozen
- green peas, corn & diced
- carrot

What you need to do

Melt the dairy-free butter and olive oil in a pot over medium-high heat. Add the pine nuts, cashew nuts and almonds, brown gently then remove from the pot and set aside.

In the same pot, sauté the onion until soft, then add the rice, spices and salt, and stir until well coated in oil. Now add the water and vegetables and stir to combine.

Bring the water to a boil, then reduce the heat to low and cook for 10 minutes with the lid on. Turn off the heat and set the pot aside to sit for 5 minutes.

Serve the rice with the nuts on top.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	13 mins	440	20	55	10	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Herby Lemon Tofu Bowl

Serves 4

For the salad:

- 9.8 oz. (280g) quinoa, cooked, cooled
- 7 oz. (200g) lentils, cooked
- 5.2 oz. (150g) cherry tomatoes, chopped
- 1 cucumber, diced
- 4 tbsp. parsley, chopped
- 4 tbsp. mint, chopped
- 1 stalk green onion, chopped
- 3 tbsp. lemon juice
- 2 tsp. olive oil
- salt to taste

For the tofu:

- 1 lb. (450g) extra firm tofu, chopped into cubes
- zest of 1 lemon
- 6 tbsp. lemon juice
- 2 tsp. dried thyme
- 2 tsp. baby capers, chopped
- 2 small cloves garlic, minced
- 2 tsp. olive oil
- salt & pepper, to taste

What you need to do

- Preheat the oven to 400°F (200°C).
- Place the tofu cubes into a bowl, add in the remaining ingredients and set aside to marinate for at least 30 minutes.
- Place the marinated tofu onto a baking sheet and bake for 20 minutes until golden and crispy.
- Mix all the salad ingredients together in a bowl. Serve the baked tofu over a quinoa salad.

GF

DF

MP

HP

V

Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	20 mins	306	10	34	20	9

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Quick Vegan Pad Thai

Serves 4

- 7 oz. (200g) rice noodles
- 3 cloves garlic, minced
- 5.3 oz. (150g) firm tofu
- 5.3 oz. (150g) vegan shrimps 1-
- 2 carrots, julienned
- 2.5 oz. (70g) kale or soy sprouts
- 3.5 oz. (100g) silken tofu

- For the sauce:*
- 3 tbsp. tamari
 - 2 tbsp. sweetener
 - 1 tbsp. tamarind paste

- To serve:*
- 2 tbsp. crushed peanuts
 - 2 tbsp. green onions, chopped 1
 - lime, cut into wedges

What you need to do

- Cook the rice noodles according to package instructions.
- Place all the sauce ingredients into a bowl and stir to combine.
- In a non-stick skillet, gently sauté the garlic, firm tofu, vegan shrimps and vegetables.
- Add the silken tofu to the skillet and simmer gently to reduce the water.
- Now add the cooked noodles and sauce to the skillet, stirring until well combined.
- Serve the pad Thai topped with crushed peanuts, green onions and a wedge of lime.

GF	DF	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	322	6	59	8	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Vegan Pasta Sensation

Serves 4

12 oz. (340g) lentil pasta
1.2 oz. (35g) cashew nuts
0.4 oz. (10g) nutritional yeast
1 pt. (480ml) soy milk
1 tsp. olive oil
2 onions, chopped
2 red/orange bell peppers, diced
3 cloves garlic, minced
0.8 oz. (20g) sun-dried tomatoes, chopped
10.6 oz. (300g) canned butter beans, drained
1.5 tbsp. tomato paste
1 tsp. dried rosemary
2 tsp. cajun spice
2 tsp. smoked paprika
salt & pepper to taste
4.2 oz. (120g) baby spinach
1.5 tbsp. lemon juice
0.5 oz. (15g) fresh parsley, chopped

What you need to do

Cook the pasta according to package instructions.

Place the cashew nuts, nutritional yeast and soy milk into a high speed blend and blend until smooth.

In a large skillet, over medium heat, sauté the onions in olive oil until translucent. Then add the bell peppers, garlic and sun-dried tomatoes and cook for 10 minutes.

Stir in the butter beans, tomato paste, spices, salt, pepper and cashew cream, and cook for 2 minutes.

Now add the cooked pasta, spinach, lemon juice and parsley. Stir until the spinach wilts then serve immediately.

GF	DF	MP	HP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	469	9	71	26	16

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Banana Breakfast Oats

Serves 2

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

What You Need To Do

- 1.Divide oats between two bowls and add 3 tbsp. of water into each bowl.
- 2.Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.
- 3.Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

Note: Garnishes (nuts, seeds, fruit) are not included in the nutrition information.

DF	MP	V	Q				
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins		0 mins		381	12	60	10

*Nutrition per serving



Protein Berry Smoothie Bowl

Serves 1

1 cup (150g) frozen red berries
1 small banana, frozen
¼ cup (60ml) coconut milk
1 scoop vanilla vegan protein powder

What You Need To Do

- 1.Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.
- 2.Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.
- 3.Transfer into a serving bowl and top with favorite toppings.

Note: Toppings are not included in nutrition information.

GF	DF	HP	Q			
Prep		Cook		Kcal	Fats(g)	Carbs(g)
5 mins		0 mins		297	2	49
						23

*Nutrition per serving



Sesame Tempeh Stir-Fry

Serves 4

7 oz. (200g) tempeh, cut into cubes
1 tbsp. olive oil
1 tbsp. ginger, grated
2 cloves garlic, crushed
1 tbsp. sesame oil
1 tbsp. rice wine vinegar
3 tbsp. tamari (or soy sauce)
2 tbsp. maple syrup
2 carrots, chopped or cut into thin strips
½ broccoli head, florets
1 bell pepper, sliced
1 tbsp. sesame seeds, to garnish
spring onion or chives, to garnish
3 cups (585g), brown rice, cooked

What You Need To Do

- 1.Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.
- 2.In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.
- 3.Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.
- 4.Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.
- 5.Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.
- 6.Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.

DF	MP	V			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	507	13	54	17

*Nutrition per serving



Veg & Tahini Tray Bake

Serves 4

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup (265g) chickpeas, drained
- 1 tbsp. olive oil
- 3 tbsp. tahini
- 1 lemon, juice only
- 3 tbsp. almond milk
- 1 tbsp. sesame seeds
- handful coriander, chopped

What You Need To Do

- 1.Preheat oven to 190°C (375°F).
- 2.Place the chopped vegetables and chickpeas in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.
- 3.In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.
- 4.Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.

GF	DF	MP	N				
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins		35 mins		260	13	26	11

*Nutrition per serving



Chickpea & Quinoa Tabbouleh

Serves 4

- ¾ cup (130g) quinoa, uncooked 1 x
- 14 oz. (400g) can chickpeas, drained
- 2 medium tomatoes, diced
- 1 small cucumber, diced
- 1 cup (60g) parsley, chopped
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- salt & pepper

What You Need To Do

- 1.Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.
- 2.In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.
- 3.Store refrigerated in an air-tight container for up to 2-3 days.

GF	DF	MP	V	Q		
Prep		Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins		12 mins	334	14	43	11

*Nutrition per serving



Vegetable Chili Salad

Serves 4

- 1 x 14 oz. (400g) can black beans, rinsed, drained
- 1 x 7 oz. (200g) can sweet corn, rinsed, drained
- 1 red bell pepper, sliced
- bunch coriander, chopped
- 5 oz. (150g) hot salsa

What You Need To Do

- 1.Rinse the black beans and corn under cold running water, rinse thoroughly and drain well. Slice the pepper into small strips. Chop the coriander coarsely.
- 2.Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.

DOUBLE UP FOR A MAIN MEAL OR ADD AN EXTRA PROTEIN SOURCE

Serving suggestions:

- guacamole
- tortilla chips

GF	DF	MP	V	Q						
Prep		Cook		Kcal		Fats(g)		Carbs(g)		Protein(g)
10 mins		0 mins		144		2		28		8

*Nutrition per serving



Chickpea & Broccoli Curry

Serves 4

- 1 x 14 fl. oz. (400ml) can coconut milk
- 2 tbsp. red curry paste
- 2 broccoli heads, florets
- 1 x 14 oz. (400g) can chickpeas, rinsed and drained
- 1 tbsp. cornstarch
- 1 tbsp. coconut oil

What You Need To Do

- 1.Heat the oil in a large pan over a medium-high heat. Sauté the broccoli for 3-4 minutes, then add the curry paste and cook for further 2 minutes.

Now add coconut milk and simmer gently for 5-8 minutes.
- 2.Next, add in the chickpeas and mix well to combine, bring to a gentle simmer.
- 3.Mix the cornstarch with 2 tablespoon of cold water and add to the pan, simmer for about a minute, then reduce heat and let it cool slightly before serving.

Serving suggestions: steamed white rice, coriander

DF	MP	V	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	10 mins	399	21	43	15	

*Nutrition per serving



Sweet Potato & Black Bean Brownies

Serves 12

- 9 oz. (250g) sweet potato
- 1 14oz. (400g) can black beans, drained
- ½ cup (60g) walnuts
- 3.5 oz. (100g) coconut sugar
- 3.5 oz. (100g) dark chocolate, chopped
- 3 tbsp. olive oil

What You Need To Do

1. Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.
2. Heat the oven to 360°F (180°C) and prepare an 11x7- inches (28x18cm) baking tin lined with baking paper.
3. Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Next add in the olive oil and blitz again.
4. Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.

GF	DF	MP	V	N		
Prep		Cook		Kcal	Fats(g)	Carbs(g)
15 mins		50 mins		183	10	22
						3

*Nutrition per serving



Coconut & Chia Seed Pudding

Serves 4

1/3 cup (70g) white chia seeds 14
oz. (400ml) can light
coconut milk
1/4 cup (60ml) maple syrup
2 clementine’s, peeled,
segmented, chopped
2 kiwis, peeled, chopped

What You Need To Do

- 1.Combine the chia seeds, coconut milk and 2
tablespoon of the maple syrup in a medium bowl.
- 2.Cover the bowl and place in the fridge for 6 hours or
until the mixture thickens.
- 3.Combine the clementine and kiwi fruit in a bowl. Add the
remaining maple syrup and stir to combine. Set this bowl
aside in the fridge until the chia seed pudding has thickened.
- 4.Divide the pudding between 4 serving bowls or glasses.
Top with the fruit mix and serve immediately.
- 5.Alternatively, the chia seed pudding can be stored in the
refrigerator for up to 5 days. Just add the fresh fruits when
you are ready to eat.

GF	DF	MP	V	Q	
Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 hrs	240	12	31	4

*Nutrition per serving



Vegan Chocolate Brownies

Serves 16

- 8 oz. (220g) +70% dark chocolate, chopped
- 3 tbsp. coconut oil
- 2 ripe avocados
- 1 cup (200g) coconut palm sugar
- 2 flax eggs
- 1 tsp. vanilla extract
- ¾ cup (75g) almond meal
- ¼ cup (30g) unsweetened cocoa powder
- ½ tsp. baking powder
- ½ teaspoon sea salt
- ½ cup (50g) walnuts, chopped

What You Need To Do

- 1.Preheat oven to 350°F (175°C).
- 2.Line a 8x8-inch baking pan with baking paper.
- 3.Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.
- 4.In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.
- 5.Next add in the cocoa powder, almond meal, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in chopped walnuts.
- 6.Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.
- 7.Let completely cool on a rack and cut into 12 squares.

How To Make A Flax Egg: To make one flax egg mix 1 tbsp. flaxseed meal and 2 ½ tbsp. water. Let it rest for 5 mins. to thicken.

GF	DF	MP	V	N			
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins		35 mins		223	15	21	3

*Nutrition per serving